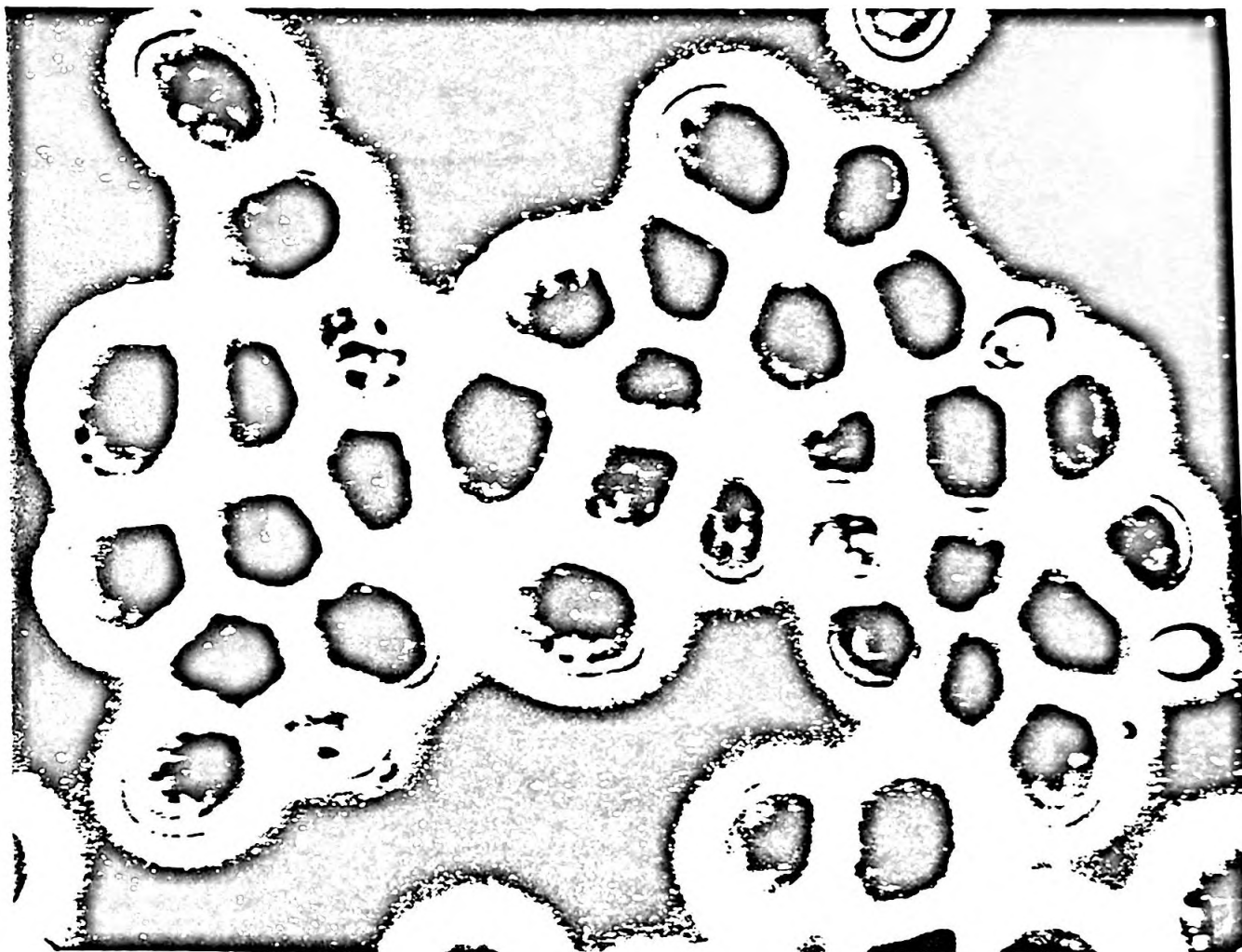


# Ec - Sense



*The Human Ecology Foundation of Canada*  
*La fondation canadienne pour l'écologie humaine*

*Ottawa*



Yeast cells *Candida albicans*

December 1986

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**HELP**

*The Ottawa Branch of the Human Ecology Foundation needs your financial support! Please include the Foundation in your charity plans this year. Help yourself and others by making a donation.*

*Cheques are to be made payable to the Human Ecology Foundation (Ottawa). A receipt will be issued for income tax purposes for donations of \$10 or more.*

**Bev McCullough**  
Fundraising Chairperson

**Human Ecology Foundation**  
(Ottawa)  
Box 11428, Station H  
NEPEAN, Ontario  
K2H 7V1

## ....from the president

As another year comes to a close, HEF (Ottawa) is coming to another phase of its growth as an organization. Many members have devoted much time and energy to the Foundation. Dedicated members have served in the executive and have made it possible to promote and implement the goals of HEF. In every activity, much work behind the scenes has to be done first by members of the executive. There comes a time when it is necessary to change courses or direct one's energies elsewhere. It is a time to pave the way for others to come forward.

In order to continue what HEF has been offering (library services, wild game, newsletter, etc.), we need to fill positions in the executive and we need volunteers to help the various committees. Elections will be held at our January 5 meeting. Your support is needed.

Virginia Salares. Ph.D.

### Positions to be Filled

Vice President (Publicity)  
Food Chairperson  
Publisher  
Librarian  
Wild Game Chairperson  
Editor

We need assistants to the Membership Chairperson.  
Publisher, Librarian, Wild Game Chairperson and Editor.

ECO-SENSE is published quarterly by the Ottawa Branch of the Human Ecology Foundation of Canada. P.O. Box 11428, Station H, Nepean, Ontario K2H 7V1. Views contained in this publication do not necessarily reflect those of the Foundation or its members.

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# Therapy for Candida albicans infections

The overgrowth of Candida in the body is due to a phenomenon which affects us all. This phenomenon is a result of a multitude of incremental stresses generated by our society and environment and is often called "Twentieth Century Disease". For the body to cope with all these stresses, it must use its resources. If the resources are not properly replenished (i.e., proper nutrition) or if the stresses (chemicals, infections, emotional stresses, etc.) are not reduced or eliminated, then the body begins to weaken and symptoms develop. The symptoms of candida overgrowth vary. Some include: chronic illnesses, hypoglycemia, food and chemical allergies, premenstrual syndrome and candida overgrowth.

From the candida point of view, Twentieth Century Disease is a good event because much of the symptomatology associated with the problem occurs as a result of a weakening of the person's immune system. The immune system normally controls the numbers of candida but, when it is weak the candida multiply opportunistically. Once developed, this "infection" of candida can cause symptoms of its own and can further weaken the immune system. One theory suggests that ACETALDEHYDE is produced which results in fatigue and other symptoms seen in candida albicans patients.

## Therapy

The candida infection can be a chronic problem. The treatment program can be prolonged (usually several months) and general parameters could be adhered to on an ongoing basis for life. If several steps are taken at the same time, the condition can be cured, so we believe. The treatment program should be individualized for each patient.

## Debulking

Like the surgeon uses the scalpel to remove the bulk of a cancer, your doctor can prescribe certain drugs and nutritional substances which act to kill the great bulk of candida albicans in various parts of your body. These could include:

- Nystatin - a relatively non-toxic antifungal prescription medication
- Ketoconazole (Nizoral R) - a very potent anti-fungal prescription medication.
- Caprylic Acid (Capricin R, Caprystatin R) - a nutritional

substance capable of killing the candida albicans cell.

## Lifestyle changes

With time, the debulking therapy can reduce or stop the symptoms of the candida problem but, if you do not take steps to eliminate the causes of the candida overgrowth, then the problems can return when the debulking product is discontinued. The debulking product buys the patient time so that symptoms can be reduced. The patient can then direct full energy and resources toward making lifestyle changes that will promote good health practices and reduce the stresses associated with "Twentieth Century Disease".

## Dietary suggestions

To help control candida albicans, some specific dietary suggestions can be made to help kill the candida which have burrowed deep into the intestinal wall. In these ways the candida organism's food supply will be cut off:

- avoid all sugars (including honey, molasses and maple syrup. The artificial sweeteners such as Equal (Aspartame) are less harmful in this situation. (Long term use is not advised);
- avoid all alcoholic beverages;
- avoid all cheeses;
- avoid all processed and packaged foods;
- avoid all condiments (mustard, catsup, vinegar, pickles, soy sauce, etc.);
- avoid all yeast, mushroom and truffles products;
- avoid all types of teas and coffee;
- limit the consumption of milk products, fresh fruits, dried fruits and fresh fruit juices. (Avoid canned, bottled or concentrated juice).

## Acidophilus

Lactobacillus Acidophilus (available in various forms and with various allergic potentials in the excipients) may sometimes be helpful in controlling candida. These products should be taken on an empty stomach (to prevent acid from the stomach destroying the bacteria) and with distilled or spring water to prevent the chlorine in tap water from destroying the acidophilus bacteria. Various theories suggest using acidophilus as often as many times a day to as little as once weekly. An anti-candida action has been claimed. The normalization of bowel (intestinal) microbiological

flora is the minimal desired action.

## Vitamins and supplements

A complete nutritional supplement regime can act as an excellent nutritional "insurance", especially when the diet is restricted, to help supply the resources needed by the body to heal and cope with the various sources of stress. The regime should be free of yeast, artificial colourings and non-nutritional additives. When selecting products avoid sources of nutrients and additives which might cause or promote allergies. Suggestions for nutritional supplements are presented later in this article.

## Digestive enzymes

When a body is under severe stress, (i.e., candida overgrowth), it is put in a state where the nutrients it takes in are insufficient to meet the requirements of the person. One theory suggests that the enzymes normally produced by the body to digest food are not made properly or in sufficient quantities. The result is poorly digested food which, when absorbed into the body, can contribute to food allergies. Suggestion: supplement the digestive enzymes.

## Herbs

Various types of herbs are said to combat candida overgrowth. The best known of these are garlic and taheebo tea (Pau D'Arco). Garlic preparations are found in many forms.

## Glandulars

Various glandular products have been suggested for use in long term candida patients. Though basically nutritional supplements, they may have a more specific organ activity. Thymus and Adrenal products seem to carry the best rationale.

## Homeopathics

There are a number of companies who manufacture homeopathic dilutions of candida antigen in liquid form. The use of drops of these liquids, under the tongue, has been beneficial for some patients.

## Desensitizing injections

Your doctor may wish to use these

*continued on page 10*

# Recipes Recipes Recipes Recipes Recipes

## Tips on preparing chicken

You've ordered some free-range chicken weighing 6-8 lbs. or more and are wondering what to do with it. Here are suggestions on how to prepare it other than roasting a whole chicken. Besides using the meat for different recipes, it can be stretched out for several meals.

Partially thaw the chicken if frozen. It is better not to wait until the chicken is completely thawed, especially if you intend to re-freeze some parts for future meals. Disjoint legs and wings. If the chicken is large, these usually suffice for a meal, depending on the size of your family. Slice the breast meat and save or use for a recipe. Reserve the bony carcass for boiling (soup, main dish or chicken salad).

## Chicken with tarragon

Chicken parts (legs and wings, giblets if desired) from 1 large chicken  
 1 Onion, sliced  
 1 Tsp. Orsa mineral salt  
 1/2 in. piece ginger, peeled and sliced (optional)  
 1 Sprig of French tarragon, fresh or frozen  
 1 Cup spring water  
 1 Tbsp. unrefined safflower oil  
 2 Cups or more sliced organic carrots

Heat oil <sup>over</sup> at moderate heat, sauté ginger and onion slices until limp. Add chicken and continue stirring for five minutes or until the meat is slightly browned. Season with salt and tarragon and add 1 cup of water. Cover and reduce heat to medium low. When the meat is nearly half cooked (about 30 minutes), add the carrots and adjust by adding more water if necessary.

At the end you should have some sauce. (not completely dry). Continue cooking for another half hour or until meat is tender. Good served with brown rice or mashed potatoes.

## Stir-fried chicken with vegetables

1 Cup (approx.) chicken breast meat, sliced fine  
 1 Onion, sliced  
 1/4 in. piece ginger, peeled and sliced (optional)  
 Orsa mineral salt to taste  
 2 Tsp. (or more) Tamari sauce (optional)  
 2 Cups (or more) vegetables (peas, broccoli, shredded cabbage, carrot sticks, kohlrabi, or other vegetable of your choice singly or in combination).  
 1 Tbsp. unrefined oil

Heat oil in a pan large enough to hold all ingredients. Sauté onion and ginger over medium heat. Add and sauté chicken for about 5 minutes. Cover and let meat cook for 10 minutes over low heat. Turn heat to high, add the vegetables, cook uncovered stirring continuously until the vegetables are done. Remove from heat immediately, season with Tamari if desired and serve.

Most oriental dishes that involve stir-frying are done this way. The key is not to overcook the vegetables. The stir-frying of the vegetables takes only a few minutes (after the meat is cooked) and the vegetables should still be crunchy and not soggy.

Thin sliced beef can be used instead of chicken. The vegetables can be stir-fried as soon as the beef is sautéed.

off the bones (this takes time and requires patience). De-fat the soup in pot. This can be done by skimming the top layer with a ladle into a measuring cup. Repeat until all fat is removed. The meat can now be returned into the stock and made into soup or dish of your choice. Vegetables like peas, beans, spinach, cabbage or others can be cooked quickly and served to accompany these dishes.

V. Salares

## Oatmeal muffins

(Wheat, Milk, Egg and Sugar Free)

2 Cups quick cooking rolled oats  
 3 1/4 cups oat flour (or make your own by finely processing some oats)  
 1 1/2 cups Xam or Sweet Potato, cooked, mashed and cooled  
 1/3 cup olive oil (or your choice)  
 4 teaspoons baking powder  
 1/2 teaspoon salt  
 1/2 teaspoon baking soda  
 3 1/2 cups of spring water

Add dry ingredients to wet ingredients and mix well.

Line muffin tins with large paper muffin liners and fill three-quarters full.

Bake at 375 degree oven for 35 minutes.

These make 24 very tasty, moist, nutritious muffins.

Bev McCulloch

## Chicken soup

Bony parts from 1 chicken, whole or cut-up  
 Spring water to cover  
 1 Onion, sliced  
 Orsa mineral salt to taste

Place chicken in casserole, add water (amount depends on final dish you desire), salt and onion. Bring to a boil, reduce heat to low and simmer until meat can be removed easily from the bones.

Drain chicken. Cool. Flake meat



# Dental Health and the Temperomandibular Joint

On October 16, 1986, a group of about fifty people listened to and thoroughly enjoyed a stimulating talk on dental health and the temporomandibular joint (TMJ) in relation to total health, by Ottawa dentist Dr. Paul Greenacre.

Dr. Greenacre gave an overview of the many factors that affect oral health. A problem such as distress in the jaw area requires the functional analysis of many systems. Malfunction of one component can affect the system as a whole.

One of his programs for dental care is called TOP, referring to Tooth, Orthopedic and Periodontal problems. Excellent oral health requires that the teeth and the periodontal ligaments (gums) be in top condition and in harmony with the orthopedic system (the bites).

The "PROE" concept outlines health as being made up of three major influences: personal resistance (PR), the effect of organisms (O), and the effect of the environment (E) upon our total health. The factors that contribute to personal resistance are genetic, structural or orthopedic, biochemical-nutritional-hormonal influences and psychological-neurological. Organisms that affect our health include fungi (e.g., Candida), parasites, viruses, bacteria as well as larger organisms.

Tooth decay, gum disease and other problems are preventable. Greenacre emphasized the importance of flossing over brushing, as well as early treatment. In preventative dentistry, patients are called upon to take personal responsibility for their problems and work in partnership with their dentist. Greenacre encourages his patients to make nutrition a top priority in their personal health program.

The jaw or facial area, referred to as the cranial cervical facial mandibular organ (CCFMO) is an intricate and complex network of joints that influences many functions such as swallowing, speech and respiration. The jaw joints are double joints and are connected to teeth joints. Posture of the jaw is more important than teeth: problems occur when the jaw posture must take precedence in future diagnoses over where teeth are.

Today, there is a preponderance of poor facial growth. Indians and Eskimos of earlier times had beautiful arches and jaws. Diet

and nutrition influence jaw development. The epidemic of orthopedic disasters in the facial area is largely unrecognized because the problem is in dentistry's hands.

It is a tragedy that medical and dental diagnoses are separated at present. Oral health is critical to total health, and health in other systems can affect oral health. This inter-relationship phenomena will be more important in the future.

Diagnosis of problems in the jaw area is not easy. The problem may lie in the teeth, the muscles or the joints. Furthermore, nutritional deficiency, candida or malabsorption can make diagnosis of the primary cause very difficult. Greenacre suggests an interdisciplinary or team approach. Conservative methods such as soft diagnostic splints can be tried. Changing the jaw posture may be another approach. However, this field is still in its infancy, and it is not known why sometimes a method

works and other times it does not. Different methods can be tried in a progressive manner. The chiropractor, dentist, and orthopedist have different approaches to the problem. A trial period of a few months will show if lasting relief is obtained.

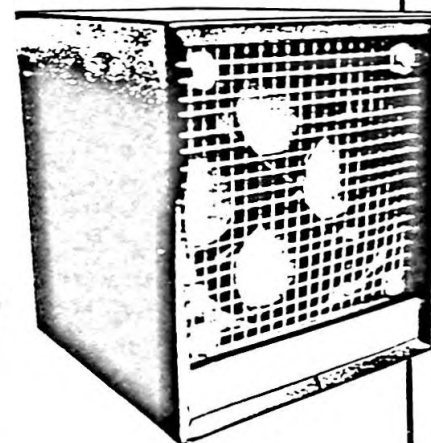
Several topics were dealt with in the question period that followed. Baking soda for brushing has anti-bacterial properties but is best used 2 or 3 times a week only since it can act on the enamel. Grinding the teeth at night may be indicative of a problem in jaw posture, spasm in the muscle or blocked Eustachian tubes. A problem in the jaw can affect one's sense of equilibrium. Schiastic performance can be affected by the presence of malocclusion or dental distress syndrome.

A tape of the lecture is in our tape library (phone 224-0801).

V.R. Salares

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*Contact Bruce O'Neil  
Home and Energy Consultant  
637-1070*

# Classifieds Classifieds Classifieds Classifieds

## Volunteers needed

I am sure you are aware that a self-help group such as ours is only effective when members are willing to give of their time. Very few of us are well or have much time to spare, though we always make time for what is important.

Do you wish the Ottawa Branch of HEF to continue to provide wild game for members? If yes, please give serious consideration to assuming the position of wild game chairperson. This position will be vacant as of January 1st, 1987. I am resigning after almost 4 years of selling the wild game for the Ottawa Branch, assisted by my husband, Mel.

It has been a wonderful experience which has aided me in personal growth and has given me the satisfaction which one can receive when helping others. When I began this job, I was one of the "very ill". Being on the executive has afforded me the opportunity to have the "inside track" on the latest information concerning our illness. We all need encouragement in our struggle to get well and to help us over the rough times. I thank many of the executive members for their invaluable friendship and support. Undoubtedly, it has been this

experience which has sped me along the healing path and made me a happier person.

If you are well enough to receive visitors but are not able to leave your home frequently or make contact with people often, you may enjoy selling wild game since members will come to you. If you can answer yes to the following questions, we need you to do this job:

- Do you like helping people?
- Do you have a vehicle and a couple of muscular friends?
- Do you have space for a 22 cubic foot freezer?
- Do you live fairly centrally in the Ottawa area?
- Do you have the time and energy to receive people on an ad hoc basis?

If you would like more details about the duties involved please call me at 596-1498.

Let this truth guide you: In helping each other, we help ourselves.

Carolyn McCoy

## Wild Blueberries

We are fortunate to have in town a supplier of wild blueberries from Nova Scotia. The blueberries are cleaned, washed, flash frozen and packed in 10 lb boxes. Several of our more sensitive members have tried these berries and have tolerated them well. They are delicious eaten as is or baked as desserts.

HEF (Ottawa) will be ordering the berries at cost and will sell to members for \$16/10 lb. box. They will be available at our January 15 meeting at McNabb. Please phone in your orders ahead of time to Fred Light (829-7518).

Needed ride to HEF Meetings by Mary, who lives in the West end near the Carlingwood Shopping Plaza. If you can help call 596-3228.

Tibbits Air Cleaner for sale, latest Tibbits model, unused \$500. or best offer. Contact 832-2303.

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Ron Farmer  
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made cleaner?



# Parasite Infections and Candida

Parasites have long been known to be a world-wide problem causing illness and death. However, they have not received the attention they deserve. Now, parasites are implicated in complicating the recovery of food and chemically sensitive, candida-like patients. (See the April 1986 newsletter of the Candida Research and Information Foundation for a comprehensive article on parasites.)

allergies, persistent skin problems, and hyperactivity in children may be due to worms. Distended belly is a sure parasitic sign. Dark circles under the eye may be another symptom. The biggest tell-tale sign is heavy mucous in the body. Worms create a mucous overlay ~~that~~ blocks proper absorption and utilization of nutrients in the gut.

WE  
INVITE  
YOU TO JOIN  
US

## Parasites and disease

Parasites can have enormous health implications in allergy, hypoglycemia, diabetes, mal-absorption syndromes, chronic diarrhea and constipation, as well as AIDS. Worms may be the cause of so-called incurable diseases. A particular type of worm, known as red worm, is found in cancer victims. Some researchers have found an organism called Progenitor crypticides in the blood of AIDS patients. Other kinds of parasitic infections, such as giardia lamblia and amoeba, are prevalent in AIDS patients. Parasites are immuno-suppressive and may be the primary causal agent in weakening the immune system. Medical researchers have stated that, when the immune system is weakened, opportunistic infections take root.

## Candida, parasites and heavy metals

Parasites are often found alongside systemic candidiasis. It is possible that the key problem may be the parasite and candida, secondary since parasites can pollute the intestines and the liver which has to recycle their wastes. Because both problems can create immune suppression and toxicity, one can pave the way and provide the ideal environment for the other to proliferate in. Both conditions need to be treated. Heavy metals may be present along with parasites and candida. Parasites, because they can pollute the intestines and the liver which has to recycle their wastes, may be the most devastating.

## Symptoms of candida infections

Common symptoms include problems in the gastrointestinal tract such as recurrent diarrhea, chronic constipation, bloating, gas and even cramps. Overall fatigue, post nasal drips,

## Pets

There are over 200 infectious diseases transmitted by animals to humans. Since close to half of all households have a cat or dog, we have to be more aware of what organisms pets transmit. Dog tapeworm looks like pinworm. Young puppies are nearly all affected by round worm. Cats carry the cysts of the parasite that causes toxoplasmosis. This disease has been identified as a cause of Premenstrual syndrome (P.M.S.). The cysts in cat feces remain alive for one year. Similarly, the larvae of parasites in dog feces can survive for over a year and can be transmitted by breathing them in through dust or dirt where the feces has been.

## Diagnosis

The problem of parasites is generally unrecognized because doctors do not think of looking for them. They may not show up in random stool samples. A good diagnostic laboratory with highly trained experts in parasitology is needed. Successful identification can be made through a purged stool using a special microscope to evaluate the 6th sample (after 6 full evacuations). This procedure can detect pathogenic bacteria, protozoas, ovas and cysts that live in the intestinal walls.

## De-worming

Non-toxic, easy cleansing procedures exist. When giardia or amoeba is found, physicians use medications. An effective clean-out involves fasting and using milk and herbs. (Ann Louise Gittleman, a nutritionist, is compiling research on natural therapies).

## Suggestions

Cook food properly. All meat and fish must be cooked well. The trichina worm in pork is not

*continued on page 10*

Membership in the Human Ecology Foundation of Canada includes a subscription to the Foundation's Quarterly magazine and Branch publications, which cover the latest developments in prevention and treatment of environmental illness. The Branches provide and hold meetings, lectures and other activities in each area. To become a member, complete the form below and mail it along with your cheque or money order (payable to the Human Ecology Foundation of Canada) for \$20.00 to: The Human Ecology Foundation of Canada, P.O. Box 11428, Station H. Nepean, Ontario, Canada. K2H 7V1.



Name \_\_\_\_\_

Address \_\_\_\_\_

Postal Code \_\_\_\_\_

Telephone \_\_\_\_\_

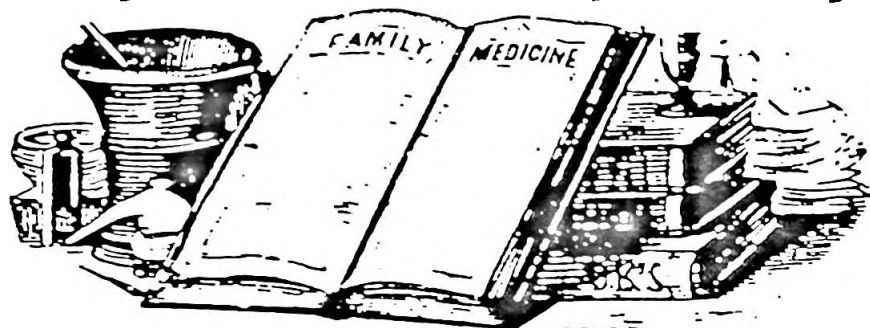
I am enclosing a cheque — money order — for \$20.00 to cover one year's membership in the Human Ecology Foundation of Canada.

\*Optional This membership is a gift to the above from \_\_\_\_\_

(Optional) In addition, I am enclosing a donation of \$ \_\_\_\_\_ to further the purposes of the Foundation. (All donations are tax deductible as charitable donations).

Corporate Sponsorship \$100.00.

# Library Library Library Library Library Library



## Tapes available

Tapes may be borrowed from the HEF tape library by contacting Pat Gorgas. 224-0801.

Allergy expanded concept. Stephen Levine.

Nutritional therapies. Stephen Levine.

Mechanisms of chemical sensitivities. Stephen Levine.

Chemical sensitivities: causes, consequences and treatments.

A General refresher course in biochemistry (2 tapes)

Health matters (radio interview)

Air filters for the allergy person. Mary A. Koundakjian.

Diet and nutrition and the candida patient. Devaki Berkson. D.C. (2 tapes).

## Nouvelles de la bibliothèque

Dérèglement de l'articulation temporo-mandibulaire (ATM).  
L'Association dentaire canadienne.

Les muscles de votre mâchoire sont-ils sensibles? Vous est-il difficile d'ouvrir grand la bouche? Éprouvez-vous des douleurs au visage ou à la tête? Votre mastication s'accompagne-t-elle de craquements? Si oui, vous souffrez probablement d'un dérèglement de l'articulation temporo-mandibulaire (ATM). Dans la plupart des cas cependant, le dentiste peut intervenir efficacement.

Quand l'appareil masticatoire fonctionne bien, les mouvements de la mâchoire sont très bien coordonnés et s'opèrent avec aisance, à la verticale comme à l'horizontale, sans créer de malaise et sans faire de bruit. Pour différentes raisons, la mâchoire et les articulations (l'articulation qui unit la mâchoire inférieure au crâne) peuvent dévier, causant le dérèglement de l'ATM.

## Review - Killing Pain without Prescription

Killing Pain Without Prescription  
by Harold Gelb, D.M.D., and Paula M. Siegel

This is a book intended for anyone wishing to know about the temporomandibular joint (TMJ). It is also a book for those with headaches, backaches, neckaches or aches of a muscular nature. A new approach without using drugs (which work only temporarily if at all) or surgery is offered.

Dr. Gelb discusses the origin of muscular pain and the role stress plays in inducing muscular disorders. There appears to be a preference for five systems: gastrointestinal, masticatory, musculature of the back, cardiovascular and skin. The symptoms depend on which system is affected.

Headaches and backaches are familiar but the contribution of a jaw imbalance to muscular pain is generally unrecognized. An imbalance in the jaws, also referred to as TMJ dysfunction, can cause head, neck, shoulder, back pain and other problems.

The book is an excellent introduction to TMJ. It discusses how a TMJ syndrome develops. Dr. Gelb lists body systems that are affected by the syndrome and the symptoms produced. He also describes how one can make a diagnosis of the presence of the TMJ syndrome by looking for specific signs.

The treatment for the disorder involves several phases: relief of pain, correction of jaw imbalance, therapy for poor oral habits and strategies for coping more effectively with stress.

A whole chapter is devoted to headaches. Seventy five per cent of muscular headaches seem to be precipitated by the TMJ syndrome. The effects of foods on migraines is also covered.

Other chapters deal specifically with backaches and neckaches and

their causes. Tests in the book will reveal one's weak points and the applicable corrective exercises. A chapter on biofeedback is included and shows how it can help migraine sufferers. A short chapter on applied kinesiology is quite useful. By means of muscle testing, the presence of a structural imbalance as well as dietary and drug sensitivities can be revealed.

This book is a must for the pain sufferer interested in a non-drug approach.

Ottawa area residents can find copies of this book at the Nepean Library.

V.R. Salares

## News

### Pollution in schools

The Ottawa Board of Education (OBE) has formed a working group to investigate problems related to air quality in schools. The November 10th decision taken by the OBE responds to a report entitled Recommendations for Action on Pollution and Education in Schools submitted by the Special Advisory Committee and the Community Liaison Council. The formation of this working group, comprised of a health and safety officer, an energy conservation officer and a clerk is an acknowledgement by the Ottawa Board of air quality problems. However, the group is lacking in representation by parents, students and teachers. No mechanism is provided by which parents, students and teachers can bring their concerns to the Board on a continuous basis. V. Salares will be making another presentation to the Board of Trustees on November 24th.

Chris Brown, Ottawa representative for the Advocacy Group for the Environmentally Sensitive (AGES) also addressed the Education Committee to make the Board aware of hypersensitive individuals. A motion was passed to the effect that these hypersensitive individuals be recognized.

Interested parents or individuals, contact V. Salares (839-5667), Fred Light (829-7518) or write the Chairperson of the Board, Ottawa Board of Education, 340 Gilmour Street, Ottawa about your experiences or concerns.



# Haberman Chemists

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Kyolic 100 Yeast Free	90 capsules	\$10.00	
Quest Synergistic	90's	\$6.50	
Multi-minerals			
Gamma oil (Evening Primrose Oil)	180's	\$35.00	

## New Products

Havervites Pacific Sea Kelp 5 gr. (Organerals)	500's	\$4.00
Habervites Children's Chewable Vitamins (yeast, colour, sugar free)	90's	\$5.50
Habervites Vitamin B <sub>6</sub> (Pyroxidine) 50 mg	100's	\$4.25
Habervites Alphalfa (650 mg)	250/bottle	\$5.50

*Always remember: If you buy 5 of any one nutritional supplement, at the regular price, there is a 25% discount if you are an HEF member.  
**Group together and Save!***

# Events Events Events Events Events Events Events Ever-

## Events Events Events

Thursday, January 15  
7:30 pm

Annual General Meeting and  
U.S. Environmental Conference  
Update with Dr. John Molot.

(Pre-ordered blueberries will be  
delivered.)

Thursday, February 19  
7:30 pm

Forum on getting better.

Thursday, March 19  
7:30 pm

Working towards health through  
the modified Kelley program with  
Lynda Brooks.

Friday and Saturday,  
April 3 and 4

Third Annual Symposium on the  
Effects of the Environment on  
Human Health.

Holiday Inn, Kent Street, Ottawa.

Thursday, April 9  
6 pm

Edible spring greens - a walk in  
the woods with Martha Webber.

Thursday, April 16  
7:30 pm

Acupuncture with Dr. A. Bailey

May (date TBA)

Dr. Josef Krop

# Events Events Events Events Events Events

## The Yeast Connection

Dr. W. Crook, author of The Yeast Connection visited Ottawa on November 21st.

When the HEF Executive learned that Dr. Crook would be in Toronto on November 20th, an invitation was extended to have him speak to our Ottawa constituency. A review of Dr. Crook's presentation will appear in the next issue of Eco-Sense. In view of Dr. Crook's lecture on November 21st, Dr. Molot's presentation, scheduled for the 20th of November will be postponed until January 15th.

## Fleamarket

The country Fleamarket on October 25th was a success. We received an unusually generous amount of donated goods to make our booth overflowing. A second booth was rented to accommodate the materials that came in. Thanks for your generous contributions.

Gross proceeds amounted to \$403 which, with a \$25 booth fee, leaves us with \$398 for a day's work.

Members who worked were Barb Bellin, Mike Brooks, Pat Cardo, Eileen Carter, Lorraine Cusson, Johanne Falardeau, Beth Fields, Linda Gavan, Suzanne Greene, Vince Guenette, Carolyn McCoy, Diana Pederson, Virginia Salares and Joanne Van Drannen.

We plan to participate again in next year's event, and to sign up for two days, if we get as good a response as we did this year. Please save your collectibles to donate next year. It is amazing to see what other people buy!

(Whatever did not sell was either donated to charity or kept for a future event.)

Correction to the September Eco-Sense: We made \$135 at the May fleamarket, not \$500 as reported.

## HEF Potluck

The First HEF potluck was a success! A wide variety of dishes made of natural ingredients and healthy foods gave each one a choice of what to eat. Some of the dishes were spicy, others were toned down to make them acceptable to those with many sensitivities. Fresh fruits, rice crackers, oatmeal muffins, cheese, juices and condiments generously filled two buffet tables.

After the dinner, we were treated to a 20 minute presentation consisting of 4 skits by Beth Fields, Pat Gorgas and Christine Kees. It is refreshing to see talent among our members.

The thirty six people who came thought we should have a similar event again! We are now planning another potluck. At the end of the dinner, we will have basic information sessions.

## Parasite infections and candida

*continued from page 2*

killed in the microwave oven. Salad bars are best avoided and when one eats out, eat food that is cooked. Giardia can be water-borne. Therefore, use a reliable water source. Pets must be wormed and cat litter changed daily. Dogs must be vaccinated yearly against distemper. Do not allow children to play in sand or dirt frequented by dogs and cats. Have a purged stool examination twice a year.

V. Salares

## Therapy for Candida albicans infections

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types of therapeutics to help desensitize you to candida and other allergy-associated substances. Consult your physician about these therapies.

(Part 2 will appear in the next issue of Eco-Sense)

Greg Etue,  
Bsc. Phm., M.B.A.

## FINANCES

We would like to thank those who have responded so generously to our appeal for donations. Those who have not done so but would like to, please forward your che que to the:

Human Ecology Foundation of Canada  
(Ottawa Branch)  
P.O. Box 11428  
Station H, Nepean  
Ontario, K2H 7V1

Receipts for tax purposes will be made available for donations over \$5.00. Our Annual Financial Report is included in this issue. A large fraction of our revenue is spent on postage, printing and operating costs. The Ottawa Branch functions totally on a voluntary basis except where special needs arise such as photocopying, printing, etc. The proceeds from wild game sales have kept HEF above water. Everyone should be aware that if no one comes forward to take over as wild game chairperson not only will a crucial source of revenue be lost but, a major source of food, so valuable to many, will no longer be available.

HEF Ottawa has, to date, conducted two surveys of its membership resulting in a clearer idea of the needs of members. It is from this information, together with that specified by donors, that HEF is developing its program for the dispersal of funds. As a member and/or donor we encourage your input into this important process.

## Financial Statement

Statement of Revenue and Expenditures for the year ended December 31, 1985

Cash on hand and in the Bank, January 1, 1985	\$ 1,681.38
Add: Revenue	
Food supplies	\$ 3,574.75
Memberships	2,403.75
Fundraisers	
Dance	402.00
Bazaar	367.30
	769.30
Library materials	150.00
Donations	55.00
Total receipts	6,952.80
	8,634.18
Less: Expenditures	
Postage	1,761.56
Food supplies	1,602.17
Printing	1,358.24
Fundraisers	
Dance	685.28
Bazaar	10.00
	695.28
Air cleaners	481.50
Office supplies	361.15
Executive expenses	343.35
Education & publicity	313.29
Library supplies	283.61
Photocopies	192.73
Telephone	55.82
Meeting expenses	52.99
Bank charges	36.28
Total Disbursements	7,537.97
Cash on hand and in the Bank, December 31, 1985	1,096.21

# \* the WHEATGERM

200 MAIN STREET  
OTTAWA ONTARIO  
TELEPHONE (613) 235-  
7580

CHRISTMAS SPECIALS • DEC 7th - 24th.  
\* 1986 \*

Champion Juicers	\$300.00 TAX
Birkenstock Sandals	10% OFF
Large ORGANIC ORANGES	.75¢ EACH
ORGANIC ALMONDS	7.95 lb
ORGANIC WALNUTS	6.81 lb
ORGANIC THOMPSON RAISIN	3.18 lb
ORGANIC MILLET	.79 lb
ORGANIC LEMONS	.50 EACH
BOOKS: WIDE SELECTION	10% OFF

WHILST STOCKS LAST!